

# Cooking for Kids

## Recipe Sizing Report

Page 1

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000082 - Italian Garbanzo Bean Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
016058 CHICKPEAS (GARBANZO BNS,BENGAL GRAM),MAT....	1 3/4 gals + 3 1/2 cups	1. Place chickpeas in a large bowl.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	26 lbs + 5 ozs	2. Medium dice tomatoes, dice onions, small dice jalapenos, chiffonade basil, and add all into a large bowl along with oil, garlic, and lime juice.  3. Mix until combined. Place mixture in refrigerator and let sit for at least 30 minutes before serving.
901062 ONIONS,RED,RAW.....	1 qt + 1 1/4 cups	
011979 PEPPERS,JALAPENO,RAW.....	5 1/4 pepper	
002044 BASIL,FRESH.....	1 qt + 1 1/4 cups	
050385 OIL, VEGETABLE.....	1 Tbsp + 2 1/4 tsp	
799939 GARLIC,RAW.....	1 1/4 cups + 1 Tbsp	
009161 LIME JUC,CND OR BTLD,UNSWTND.....	1 1/4 cups + 1 Tbsp	

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	98 kcal	Cholesterol	0 mg	Sugars	*3.2* g	Calcium	48.07 mg	18.39%	Calories from Total Fat
Total Fat	2.00 g	Sodium	218 mg	Protein	5.07 g	Iron	1.38 mg	2.12%	Calories from Saturated Fat
Saturated Fat	0.23 g	Carbohydrates	16.57 g	Vitamin A	1132.2 IU	Water <sup>1</sup>	*186.63* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	5.02 g	Vitamin C	19.1 mg	Ash <sup>1</sup>	*1.53* g	67.82%	Calories from Carbohydrates
								20.75%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.